

# SPOKE



# CSI selects new vice-president

Jones, like president-elect Scherer, takes aim at Conestoga's school spirit



## Conestoga explores one-card system

Danistago Cállege studenta Denies and when Melwale

# Varsity teams have up and down seasons





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NEWS

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ELECTION NOTICE
AND CALL FOR NOMINATIONS





BOARD OF CONTRO









Conveying College Institute of Technology and Advanced Learning



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Next of references and so from Expands oil and Ex

> Onsignities to remined on Inhard 25 2014 bit of nonlines mounted MA-IS 2004 ELECTIONS APRIL 6 - 7, 2014

#### MOSUMER 17 2054 Aim to be a global citizen

Aris a non-profit organica. desertor Install Contarno mode to Consultant students



## Train your brain today

Whether it be from whost

Hermany Resistant Network Inc. (HIDD) No. 6 On Fult 16 (BIDD) Immediat a new seria.

A 2011 report by the energy and Day years principle of EMEN Through the innerest prounhappy and unable to

CSI designates half a million dollars for rec centre project

During the first-over revenies of GRAs budget nicker than more CRI on audit over half of the \$100,000 number oversed

EAT WELL LIVE LONGER





The fight is lost SYDNER SATISF

nexts support a single satisfied view and have the recor

#### Letters are welcome

Spoke automos letters to the Toon 500 aways. reter lefter should be Springeress the right's edd

of the Corn-comput.

COMMENTARY



#### Revolution is lost when every finger of the apposition's hand falk to clench a first in union It's time for action against Russia Assos Corre

New Stames sold res

Cornello Western Europe and the District States Aredon

support If the precements

SPOKE Easter Date Set Assignment Editors: State Sect. Mosts Production Managers (say Schelecture)

Advertising Managers: 1/or finite: Army Photo Editions for Theory Son Lower, Colo. Faculty Supervisor and Advisors

1916 19915 FROM SOLITARY TO SOLIDARITY New project tries to understand the life and death of Ashley Smith

ET LAMBS SHELL

constitute that reported

term or stary - so what we have to Aphery Senths story

times to delive ell of the





- Management
- . Financial Planning Services . Green Management - Sustainability · Project Management

(May and Sept. start) Social Media Marketing **Target Specific Career Interests** 

through Active Learning To learn more contact

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APPLY NOW FOR SEPTEMBER, 2014

Short games, big fun

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It shallenges were a Mari



1916 \* Pop T

#### **CALLING ALL** CO-OP STUDENTS!

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CAPCE, the Canadian Association for Co-operative Education, invites you to talk about co-on in their Canada-wide social media contest. Enter to be eliquite to win one of many daily and grand

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C CONESTOGA CO OP &

For tips on how to get started, visit us at www.cbcf.org

Keep the beat alive Local artists to perform at Maxwell's

EF CHILIF VENGLISWOOTS

Small changes make all the difference



### PARCOL OOK

## FINALS

TUESDAY MARCH 18TH STARTING AT 12PM

IN THE SANCTUARY

BAR OPEN 12PM-3PM

1996 + 959 1

Third annual defence class teaches students to protect themselves

BY ATLECT DISEASE Counteys stadents choked

MndyMr217.255





FEATURE The Man Who Built Kitchener

The Disry Thorax to come danger

Romance & Jealousy When Taken Reday Sept

industry star

Talmon Rieder Tulman Birmy Roder was been in the small town of

M039/M02.17.2055

PROPERTY OF STREET

Busy Berlin Broomy up the new factory and a number of though for

FEATURE

1905 FRM 11

Recognition



## 100 YEARS OF THE ROM





responses our public reso

We do expect new year







efforts into succeeding occidencelly

#### COUNSELLOR'S CORNER: A Healthy Lifestyle

The procures of school can notify course students to lose the balance between taking care of thomselves and the need to put their best

School, port-time jabs, family and relationships all make demands on us which can cause stress and stress-neighed lifesses. But there are weve to maintain our health and keen as positivism between commeting demands on our time and energy. Scheduling in time for self-care may more reserving several hours a week for a fillness activity we enjoy We send friends we can talk to about personal patters and dolly life. and people to just "hang out" with and do something purely for fur. We need to feel comfortable in being alone, with time for relaxation and evet reflection

Setting eight hours of sleep rightly, eating at least one hat belonced med dely maintaining appropriate body weight and monitoring our use of alcohel, coffeine and tobacco are choices that will help us live longer and provest (liness

Living a healthy lifestyle will also help now, by boosting concentration, money and stomes. Howev a balanced, healthy lifestyle helps us feel more relevant in control of the present and our future direction.

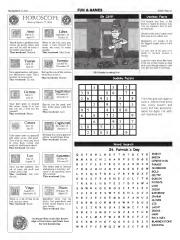
A Message from Counsellos Services

## Free yoga popular

Keen mages. ...

the seese per people of





## What are your reasons to vote?

- 75, GLOBAL SERVICE TRIPS 76, SOCIAL MEDIA CONTESTS 77, CSI SERVICE HUBS

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ELECTION NOTICE AND CALL FOR NOMINATIONS CONFESTORIA COLLEGIS INSTITUTE OF TECHNOLOGY AND ADMINISTRAL FRANCISCO

BOARD OF GOVERNORS Fliendies: Onesin all full time and partitime distincts condition a smeram of improving (a group of related courses leading to a degree, diplores, certificate or other document awarded by Consistings College)

Term of Office: Sentember 1, 2014 - Aumor 31, 2015 (condidate must plan to be ensolled as a student during the term of office and must be perpaised to continue to the end of the term even if graduation occurs within the term of afficial

Specialtics forms, which include enlarged on eligibility, here of effect and terror of reference

Closing date for nomerations a Merch 15, 2014 Lists of nominees to be announced on March 26, 2004

FLECTION: APRIL 4-7, 2014

CONESTOGA